



# NURSING NEWS

## Nursing educator retires after 26 years of service

The Department of Nursing expresses deep appreciation for the years of service given by Martha Solomon. Martha has been with the Department of Nursing since August 1983; she has served as the Course Coordinator for NURS 302 and NURS 401. Other courses she has taught include NURS 495, NURS 496, and a one-time appointment to the Degree Path Program to teach the pediatric content in NURS 301 and NURS 302. Martha developed a cross-cultural pediatric nursing course to Ireland in 1985; unfortunately the course was not able to continue after that May term. Along with Carolyn Kreamer and Eileen Gardner she developed two clinical simulation labs to enable students to actively engage in patient care and to use clinical decision making and critical thinking skills in a nonthreatening environment. Martha has

served as faculty advisor to the Nursing Student Association of Messiah College for over 15 years, and she has served as the editor of *Nursing News* since 2001. Martha says, "It has been a pleasure teaching at Messiah College over the past 26 years. My hope is that I have had a positive impact in the lives of the students in some small way while they have been nursing students at Messiah College." A retirement reception was held for Martha in the Hollinger Atrium on Feb. 11. Faculty, students, and staff stopped by to wish her well. She will also be honored by the nursing faculty with a dinner at the end of the semester. Martha will continue to work, per diem, as a staff nurse on the pediatric unit at The Milton S. Hershey Medical Center as well as continuing to play racquetball. Congratulations, Martha, on your retirement from teaching!



Martha Solomon cuts the cake during her retirement reception held on February 11, 2009.

## View from the Chair By Carolyn L. Kreamer, Ph.D., R.N., Chairperson and Professor of Nursing

In October 2008 the members of the American Association of Colleges of Nursing adopted a comprehensive document that detailed the required competencies for the baccalaureate-prepared nurse of the 21st century. This landmark document, *The Essentials of Baccalaureate Education for Professional Nursing Practice*, provides a comprehensive blueprint for nursing programs to use to update and refine their curricular plans with a vision for the future needs of their graduates.<sup>1</sup> The scope of this document is breathtaking in comparison to the previous *Essentials* published in the 1990s. The document specifies nine "essentials" or outcomes expected of graduates of baccalaureate nursing programs. It is available online and may be downloaded at <http://www.aacn.nche.edu/Education/pdf/BaccEssentials08.pdf>. It will interest

all persons who are curious about the future expectations of nursing educational programs and the thrust of baccalaureate nursing. Briefly, the nine areas that must be addressed include a solid base of liberal education; organizational and systems leadership for quality care and patient safety; scholarship for evidence-based practice; information management and application of patient care technology; preparation in health care policy, finance, and regulatory environments; skills in communication and interprofessional collaboration for patient safety; health promotion and disease prevention at the individual and population level; commitment to professionalism and adherence to professional values; and practice focused learning opportunities that integrate the knowledge, skills, and attitudes required of a generalist nurse. Con-

cepts throughout the document include "patient-centered care, interprofessional teams, evidence-based practice, quality improvement, patient safety, informatics, clinical reasoning/critical thinking, genetics and genomics, cultural sensitivity, professionalism, lifespan, and end-of-life care."<sup>2</sup>

The faculty of the Department of Nursing at Messiah College has been diligently working on curricular revisions for several years that pre-date the publication of these new essential competencies. The implementation of that plan is underway, having received full approval from the Pennsylvania State Board of Nursing, and the Report Review Committee of the Commission on Collegiate Nursing Education (CCNE). It was gratifying and a pleasant surprise to note the congruence between many elements of the new curricular plan

*Chair, continued on page 5*

## Why Messiah College? By Nancy Woods

What is a Hopkins nurse doing in the cornfields of south central Pennsylvania? In August 2008, I began my position as associate professor in the Department of Nursing at Messiah College after a ten-year affiliation with Johns Hopkins University School of Nursing. The move back to my home state of Pennsylvania culminates a long and exciting career in nursing.

I completed my basic education in nursing with a diploma from the Thomas Jefferson University Hospital in 1975. Shortly after graduation, I married my childhood sweetheart, John, and we began a 30-year adventure of moving to meet the demands of his active duty Army career. This provided an excellent opportunity to work and continue my education across the U.S. and the globe. I have a BSN (1981) and MPH (1997) from the University of Hawaii, a MSN in nurse-midwifery (1986) from the University of PA, a post-master's degree in palliative care (2003) from Ursuline College, and my Ph.D. in Nursing (2004) from Johns Hopkins University. The majority of my career has been involved with women's health and childbearing, with over 30 years clinical experience. In 1988, I worked for three months as a nurse midwife in a rural Christian mission hospital in Pakistan. This experience was challenging from a clinical, spiritual, and political standpoint. Clinically, resources were sparse and maternal and neonatal mortality was rampant. Living as a Christian in a Muslim country gave me an even deeper appreciation for the role of religion and spirituality in health care. And politically, times were tense, as during my stay President Zia was assassinated! From 1989 through 1996, I also served as an active duty Army officer, including deployment to Saudi Arabia during Operation Dessert Shield/Desert Storm. This was a difficult time, especially since John was also deployed. Saying good-bye to our two children, Jenny and Brien, was heart-wrenching. But they had the time of their lives with Grandmom and Grandpop moving in to care for them! And on the bright side, since I hate camping, living in the desert in a tent for six months means I never have to go camping again! After this, I had the opportunity to open the Army's

midwifery practice in interior Alaska, and spent three years with the family in one of the most beautiful parts of the world. Following my active duty service, we moved to Hawaii where I worked as a Clinical Project Director for the DoD Breast Cancer Initiatives with a telemedicine project across the western Pacific, including sites in Japan, Guam, Okinawa, and Korea.

My past ten years at Johns Hopkins University encompassed the completion of my Ph.D. studies, as well as working as a clinical faculty member and then as a full time assistant professor teaching undergraduate obstetrical nursing and nursing research, graduate level research, and doctoral level statistics. Additionally, I had the opportunity to lead a team of educators to develop teaching materials that were translated into Dari and used in more than 20 midwifery schools in Afghanistan. I also maintained an active program of research, most recently completing a randomized controlled trial for an intervention to increase safety in women who are abused by their partners. Clinically, I worked as a nurse midwife in a large OB triage unit in Baltimore.

So why Messiah College? First and foremost, I yearned to teach in a Christian school.

As a certified nurse-midwife, I have been blessed to attend the births of over 1,000 babies. Each birth brings me face to face with the "Fiat" of Mary and the wonder of the nativity. As an educator, I have taught innumerable student nurses, medical students, interns, OB and FP residents, touching the profession in an enduring manner. Each student brings me face-to-face with the humbling responsibility that Christ the Teacher exemplifies. And as a nurse researcher specializing in the effects of intimate partner violence on women's health, I am honored to be in the presence of the most vulnerable survivors who seek justice. I am brought again, face-to-face with the Lord, in the Beatitudes, especially, "Blessed are they who hunger and thirst for justice."

Second, my husband is now an officially retired Brigadier General who has the time to pursue his academic passion: Civil War history. We also have two beautiful

grandsons: 2-year-old Jack and 7-month-old Sam (and yes, I delivered my second grandbaby, Sam!). Having a 9 ½ month contract gives us the flexibility to spend more time with family. So, we moved yet again . . . this time to Gettysburg.

Over the past 6 months, I have been delighted with the students at Messiah College. They are an extremely intelligent group of young adults, who bring a Christian perspective to class discussions. The smaller class size at Messiah has allowed me to really know my students much better. And my colleagues in the Department of Nursing are an outstanding group of clinicians and educators to work with.

So, my husband and best friend, John, and I have settled into our new home in Gettysburg with our two Boxer dogs, Rocky and Adrienne. (What do you expect? We're originally from Philadelphia.) Our son, Brien, lives in Maryland and is completing his degree in exercise science. Our daughter, Jenn, lives with her husband, Tommy, and the two grandbabies, Jack and Sam, in Nashville, Tennessee. I have continued my involvement with clinical research in Maryland as well as in Pennsylvania as a clinical nurse research consultant. I will continue my service to women living in abusive relationships through a local organization, Survivors' Inc. And I plan to maintain involvement with women during the childbearing process through volunteer work at a local pregnancy center. But first and foremost, the opportunity to teach nursing students in a Christian atmosphere at Messiah College, made the move to the cornfields of south central Pennsylvania an easy decision.

### 2008 SERVICE AWARDS

*The following nursing faculty received Messiah College 2008 Service Awards:*

#### **5 YEARS OF SERVICE**

Julie A. Lundblad

#### **10 YEARS OF SERVICE**

M'Liss M. Halsey

#### **25 YEARS OF SERVICE**

Martha O. Solomon

# Viewing the world with new eyes

By Wanda Thuma-McDermond

In January 2009 the third alternate Senior Practicum led by Wanda Thuma-McDermond, focusing on global health issues and international nursing, went to Macha Hospital in Zambia. This time there were seven senior nursing students: Jennifer Curtis, Lacey Hoffman, Meghan Holland, Kristen Meunier, Sarah Scholten, Rachel Searles, and Brittney Wheeland. To fill in the numbers a bit and to accommodate other nursing students interested in a more cross-cultural approach, we were joined by a junior, Sarah Garraty, and two sophomores, Jennifer Heisey and Caitlyn Williams. Speaking as the leader and instructor, I hope the mix of approaches (and syllabi) enhanced the experience for all of us. The seniors concentrated on the hospital aspects of care, and the others helped to their skill level while collecting more ethnographic detail from three Zambian women associated with Macha. I believe the seniors especially “did” service-learning (although that was not really a part of their syllabus) when they helped understaffed wards and presented lectures for the Zambian nursing students on “The Special Senses.”

## My Experience in Zambia

by Meghan Holland

In choosing to attend Messiah College I had in mind that the study abroad options were vast. It was my goal to study abroad for a semester and try to take advantage of the travel opportunities. As a nursing major, I was told that the only semester I would be able to travel to another country would be fall of my sophomore year. I took advantage of this and spent that semester in New Zealand. My time there was wonderful, and I assumed that that would be my last trip out of the country, at least through Messiah College. The nursing curriculum is challenging and it requires much time, energy, and studying.

When I was told about the nursing trip to Zambia, I was so excited. I was going to be able to travel outside of the country and gain nursing skills and experience at the same time! Enthusiastically I applied and was chosen to be one



A group of 10 nursing students and one professor spent January Term in Zambia. Pictured here are front row (L–R): Caitlyn Williams, Jenny Heisey, Sarah Scholten, Jenn Curtis, Sarah Garraty, Wanda Thuma-McDermond; back row (L–R): Rachel Searles, Meghan Holland, Lacey Hoffman, Brittney Wheeland, and Kristen Meunier.

of ten lucky students to study and aide in a small hospital in Macha, Zambia. I was excited to learn, experience, and help. I was told that we would not only be able to help in the hospital, but we would get to interact with the nursing students there and see how their program was different than ours.

Arriving in Zambia was an experience in itself. It was clear from the get-go that things were going to be VERY different here. After quite an adventure, we made it to Macha where we would be staying. The hospital was very primitive and looked like something straight out of Florence Nightingale’s diary with beds lined up and windows open. The nurse-to-patient ratio was something that you would never see in the United States, or any developed country for that matter. At times I questioned if I was allowed to perform the tasks that I was asked to perform by myself, and I learned very quickly to communicate with non-verbals. Although it was clear that nursing in Zambia was far more basic (as was the nursing school) than what I was used to, I realized that this was okay for the area that I was in. Each nurse was responsible for so many patients that it would be ridiculous to expect more than the basics. Due to the culture, the family took care of many things that a nurse would be expected to do back home, and so this lightened the workload. I grew to appreciate the culture and how family members care for one

another. It was a blessing to see and a lesson to learn.

I not only grew to appreciate another culture in Zambia, but I grew to appreciate more the place from which I come. I am so blessed to work in a country that has a vast number of medications, diagnostic tools, and treatments. In Macha they do not even have the capabilities to check for electrolytes. That is something that is so simple and expected in hospitals in the States. I would never imagine looking up a patient’s chart and not finding a set of electrolytes. There are so many things that I took for granted that I now appreciate. I appreciate the hundreds of different kinds of wound care bandages when people in other countries are using ripped sheets. I appreciate simple blood tests, when in other countries people are using signs and symptoms and really just a guess. I appreciate cars and ambulances, when there are places where people have to walk for miles or be carried by ox and cart.

I am so thankful for Messiah College and the opportunities available for students. There is so much to participate in and so much to see. From classes in Grantham, to country-wide missions, to multi-cultural experiences, Messiah really does its part to ensure that students learn, grow, and experience the world. I no longer live in a sheltered bubble, but I have begun to see the world and I want to help make it a better place.

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## The nursing department welcomes Tara Jankousas, full-time pediatric nursing faculty



I graduated from Bloomsburg University with a BSN, University of Texas at Austin with an MSN and working on my Ph.D.

in nursing from PSU with graduation in May 2010. I am certified in pediatric nursing and have over 20 years experience in various pediatric settings and locations. My areas of interest, in addition to pediatric care, are evidence-based practice, adult education, and simulation learning. The title of my dissertation is “Crisis Resource Management: Impact on Team Process and Team Effectiveness.” I am using a randomized, experimental design to study the outcomes of response time and error rate following interdisciplinary team training among nursing and

medical students. I apply a training method of simulated patient crisis situations using a computerized human patient simulator with video-recording followed by facilitated debriefing to teach team process during a crisis.

My husband, Bob, and I have been married 24 years in June. We met on a sky-diving weekend at college. We were married in the very beautiful St. Stephen’s Cathedral on Front Street in Harrisburg. Bob is from the Scranton area and I grew up in Mechanicsburg. We have been blessed with two terrific children, Maria and Brett. Maria is a sophomore at the University of Pittsburgh in nursing and Brett is a junior at Palmyra High School, and he’s hoping to play Division I soccer in college.

I am thrilled and grateful to be part of Messiah College and the Department of Nursing. Go Falcons!

## Research Study on Transition Experience from GN to RN

Congratulations go to Louann Zinsmeister, Ph.D., RN, nursing faculty member, and Deborah Schafer, MSN, RNC clinical nurse specialist for PinnacleHealth, on their recent publication of the study titled, “The Exploration of the Lived Experience of the Graduate Nurse Making the Transition to Registered Nurse During the First Year of Practice” in the *Journal of Nurses in Staff Development*. This study evolved from a study proposal developed as a research roundtable project during the senior level nursing research course.

The purpose of the study was to gain insight into the transition period of graduate nurses. A phenomenological research approach was used to explore the lived experiences of graduate nurses during their first year of employment. Content analysis resulted in five thematic areas

identified as indicators of a positive transition experience. The findings of this study provide information for staff development instructors, nurse managers, and nurse administrators in identifying practice environment characteristics and initiatives that promote a positive transition period for graduate nurses and increased retention in initial areas of nursing practice. The citation for the study is Zinsmeister, L.B, & Schafer, D. (2009). *Journal for Nurses in Staff Development*, 25(1), 28–34.

The research roundtable project is an ongoing initiative between Messiah College and Pinnacle Health system in which students, staff nurses, advanced practice nurses, and nursing faculty work together to develop research projects to promote evidence-based nursing practice.

Viewing, continued from page 3

### What I learned in Zambia

by Sarah Garraty

“I had the privilege of shadowing and interviewing a Zambian nurse and certified midwife living with AIDS. She admits she is a better person as a result of living with the disease and through sharing her story, she is able to educate, encourage, and empower others. She challenged me to rethink the way I view life, especially hardships, and encouraged me to serve people more whole-heartedly as a result of my difficulties. I never expected to find so much positive energy exuding from a person living with such a stigmatized and potentially fatal disease. I am a more blessed and humbled person having been able to develop a relationship with such an extraordinary woman who has such a positive influence on so many people all because of her choice to live positively despite the circumstances.”

### SUPPORT NURSING THROUGH SCHOLARSHIPS

YES! I want to support nursing education at Messiah College through an endowed scholarship. Please direct my gift to:

- The Nursing Education Endowed Scholarship, given to nursing students who demonstrate financial need
- The Janelle Joy Nisly Memorial Scholarship, for students in nursing or pre-med who are affiliated with either the Mennonite Church, Church of the Brethren, or Brethren in Christ Church
- Christy Stark Smith Memorial Scholarship Fund, given to a nursing student who has demonstrated excellence in nursing care of the child-bearing family

My tax-exempt donation is enclosed for:

- \$1,000  \$500  \$100
- \$50  other

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Please make check payable to: MESSIAH COLLEGE.

Please clip this form and return it to the Messiah College Office of Development, Box 3013, One College Avenue, Grantham, PA 17027.



## Nurses Christian Fellowship: Persevering through prayer

By Kristy Brakebill, NCF President



Back row (left to right): Brittany Wheeland, Emily Woods, Hanna Dickinson. Front row (left to right): Donna Delp, Kristy Brakebill, Leah Whallon, Mana Ichinowatari, Kristen Stambaugh

The Nurses Christian Fellowship is a club specifically for nursing students that meets weekly for Bible study and prayer. Our goal is to encourage fellow nursing students in their faith and help them grow as Christians in the nursing profession. We started off the year with our annual kick-off picnic by the Yellow Breeches. This event is always fun, and a great way for first-year nursing students to get connected with upperclassmen.

During Homecoming week we had some of our alumni come to talk about

their experiences working in hospitals, and how being a Christian has impacted their care of patients and their relationships with other staff members. In December we completed our fundraiser, sending care packages to nursing students during finals week to offer them some encouragement while taking their exams. Thanks to all the parents of the nursing students, this fundraiser was a huge success, and we are now in the process of planning our spring events.

Just a few weeks ago NCF held a combined meeting with Nurses Student Association to celebrate Valentine's Day. The theme of the meeting was "What We Love About Nursing." We made a collage of pictures to show why we love nursing (currently hanging up in the basement of Kline where we have classes) and heard stories from upperclassmen and faculty about their experiences in the nursing field. It was a friendly reminder of why we work so hard in school to become nurses.

In a couple weeks the students who traveled to Thailand and Zambia over J-term will speak about their experiences and how they saw God working in other countries. Then in April we will hold our annual service day project at the Wellness Center, cleaning apartments for low-income and disabled residents. Our meetings are held every Wednesday from 5–6 p.m. in Kline 113. If you need some encouragement, prayer, or just want to take some time to spend in fellowship with God, we would love to have you join us! Thank you to all those who have supported us in our fundraiser, through prayer, and through attending our meetings. You've helped our club make a difference for our fellow students.

*Chair, continued from page 1*

for our undergraduate program and these new essentials. The new curriculum incorporates an intentional focus on care across the lifespan with special infusion of geriatrics and gerontology, genetics, evidence-based practice, population-based learning opportunities, leadership in nursing, information technology, cultural sensitivity; and continuing commitment to professionalism and professional values, compassion, ethics, and the integration of the Christian worldview. The

faculty will continue to review and refine the new curriculum in light of these new essentials to assure that all undergraduates from Messiah College meet or exceed these competencies for the 21st century.

#### REFERENCES

<sup>1</sup>American Association of Colleges of Nursing (2008, October 20). The Essentials of Baccalaureate Education for Professional Nursing Practice. Retrieved March 9, 2009, from <http://www.aacn.nche.edu/>

<sup>2</sup>American Association of Colleges of Nursing (2008, October 30). Press Release: Schools of nursing nationwide move to transform baccalaureate education in response to patient care needs and the changing nature of the registered nurse role. Retrieved March 9, 2009, from <http://www.aacn.nche.edu/Media/NewsReleases/2008/BaccEssentials.html>

## Nurses' Student Association supports majors throughout the year

By Jenny Perry, NSA president, and  
Karen Celenza, NSA vice president



Back row (left to right): Faculty advisor Martha Solomon, NSA president Jenny Perry, Kate Wentzel, vice president Karen Celenza, Rachel Hendrie, Gabriela Paniagua. Front row: Matilda Ankrach, Alicia Joseph, Amanda Montenegro

NSA is a professional organization that promotes the development of nurses and educates about opportunities in nursing care. We have had a wide variety of guest speakers at our monthly meetings, including a clinical nurse specialist in neurosurgical care, a speaker from our career center, and a graduate nurse from the class of 2008. All of these speakers have invited our members to explore their skills and qualities as a professional nurse. Furthermore for our Christmas meeting, we assembled gift sets and donated them to a local pregnancy center. This year ten of us attended the annual SNAP (Student Nurses' Association of Pennsylvania) convention. The theme of this year's convention was "Nursing: The Heart of Technology," and it challenged the students to think about how technology will impact their nursing careers. Future plans for this year include mentoring sophomore nursing students as they have entered the nursing program this semester, planning a Service Day project at a local health center, and continuing to explore nursing professions. In April, we are sending one of our nursing students to the annual National Student Nurses' Association (NSNA) Convention in Nashville, Tennessee. We are excited to have a representative attend this event, and we hope that she will bring back valuable insight and will encourage our members. With the retirement of our faculty advisor, Martha Solomon, we have welcomed our new advisor, Louann Zinsmeister. We are thrilled for the guidance that she will bring to NSA and we look forward to working with her. NSA has been committed to supporting Messiah nursing students and we hope that we continue to expand the minds of our members.

## Sigma Theta Tau—Lambda Kappa Chapter

The Lambda Kappa Chapter of Sigma Theta Tau continues to be active in the promotion and recognition of leadership and scholarship in nursing practice, education, and research. On April 18, 2008, two nurse leaders and 12 undergraduate nurses from the senior class of 2008 were inducted into the Lambda Kappa Chapter of Sigma Theta Tau. The undergraduate inductees were Anna D'Amato, Linda Deddo, Kristel Detweiler, Britney Hagen, Chelsea Hodum, Leanna Kuperus, Natalie Moore, Katie Neer, Stefanie Rowe, Laura Schroyer,

Stacy Stahl, and Lindsey Tennis. The nurse leaders inducted were Jean McDonald and Brenda Lucas. The keynote speaker for the event was Rhonda Maneval, D. Ed., RN, director of RN-BSN Program, associate professor of nursing, Temple University, and nursing research consultant for Pinnacle Health.

A variety of chapter activities occurred during the past year, in addition to the chapter induction ceremony and dinner. In April 2008, the chapter co-sponsored a Research Day with PinnacleHealth System,

and participated in various service projects throughout the year.

The 2007–2008 Lambda Kappa officers included: Nina Schneider, MHA, CAN-BC, RN, president; Ngoc Godshall, MHA, RN, president-elect; Sarah Harne-Britner vice-president; Kim Heisey, MS, BSN, RN, recording secretary; Cheryl Key, MHA, RN, corresponding secretary; Katie Scofield, MPA, RN, treasurer; Michalena Levenduski, leadership succession chair; and Louann Zinsmeister, PhD, RN, Faculty Counselor.

### Student Achievements

#### DEPARTMENT OF NURSING COLLEGE HONORS PROGRAM PARTICIPANTS

Elizabeth Caprio '10	Candice Martin '11
Megan Clapp '12	Anne McClary '11
Amy Culver '10	Emily Murphy '12
Elyse Dailey '11	Hillary Snyder '11
Victoria Fulford '12	Bridgette Todd '11
Erica Heisey '12	Kristen Todd '11
Christin Hitz '11	Lindsey Westervelt '10
Melissa Lewis '10	Kristine Williams '11

#### BOYER SCHOLARS

Allison Heermance '09  
Kristy Brakebill '09

#### GRADUATING SENIORS EARN TOP AWARDS

**Katie Neer** was chosen by nursing faculty to receive the Faculty Award for Excellence in Nursing, based on her outstanding care of patients in the hospital and in the community.

**Linda Deddo** was chosen for the Academic Excellence in Nursing Award. She graduated with a GPA of 4.0.

#### CONGRATULATIONS TO THE FOLLOWING ALUMNI WHO GRADUATED IN MAY 2008:

**Summa cum laude**  
3.90–4.0 GPA  
Linda Deddo

Laura Schroyer  
Stacy Stahl  
Lindsay Tennis

**Magna cum laude**  
3.60–3.89 GPA

Anna D'Amato  
Kristel Detweiler  
Britney Hagen  
Chelsea Hodum  
Leanna Kuperus  
Natalie Moore  
Katie Neer  
Stefanie Rowe

**Cum laude**  
3.30–3.59 GPA  
Emily Barcklow  
Kate Buckwalter  
Anna Frodigh  
Jessica Hollinger  
Jamie Madson  
Hannah Serafini  
Christen Shiebler

## Oncology Nurse Navigator

Kathleen (Pickel) Gamblin '94

I am an Oncology Nurse Navigator, a relatively new area in nursing. I assist patients from the moment there is a suspicion of cancer through diagnostic testing into treatment and beyond. The cancer world is a scary, unfamiliar place and I am here to help them navigate through that world. I am the person that the patient can always call to ask a question, no matter how small or large. I am their “go to” person.

Navigation is a relatively new area in nursing. It began in 1990 with Dr. Harold Freeman, a surgical oncologist at Harlem Hospital. He established the nation's first patient navigation program to help improve access to cancer screening and address the delays in clinical follow-up and barriers to cancer care that poor people encounter. Since that time, navigation programs have spread throughout the country to help not just underprivileged patients but all patients navigate the often complex world of cancer.

My areas of specialty include thoracic cancers and melanoma. My days are varied with time spent reviewing patients' charts prior to clinic, determining if additional testing is needed, and then coordinating it prior to the clinic appointment. On our clinic day, I coordinate the movements of the physicians, meet with the patients and then participate in the multidisciplinary conference to determine the patient's plan of treatment. On surgery days, I see patients prior to surgery, do last minute education of patients and their families, hold worried hands in surgical waiting rooms during surgery, and then continue into the operating room as the friendly face that my patient knows before they are sedated. I meet with patients and explain their disease process and the procedures and treatments that they will undergo. I help handle insurance and assist patients with applying for uncompensated services at our hospital. I connect patients with community resources that can assist them with financial aid resources to pay for their utilities and the other needs they have that aren't covered by insurance payments. I get to celebrate the “clean” scans and am there to offer hugs and encouragement when the news is not as good. But first and foremost, I always try to be there for them.

A scripture that was read at our pinning ceremony was 1 Corinthians 12 which is about each of us having a place in the body of Christ. Verse 18 says, “But in fact, God has placed the parts in the body, every one of them, just as he wanted them to be.” I know the members of my class have gone on to serve in roles in ministry and education as well as working in hospitals, clinics, doctor's offices, and in the community. They have each found their place. Looking back at my fifteen-year journey (has it really been that long?) since leaving Messiah I know that each position I have held in nursing has contributed to the knowledge that I have today and has led me to my “part” as a navigator. I know that I am just where He wants me to be.

If you are interested in nurse navigation here are some excellent websites:

[www.patientnavigation.com](http://www.patientnavigation.com) and [www.nconn.org](http://www.nconn.org). In addition, I can be reached at Kathleen.Gamblin@WellStar.org.

## Greetings from Cyndi Brewer '04



If anyone had mentioned to me during nursing school that in five years I would be working part-time to develop a curriculum for nurse HIV training in South Africa, I would have thought, “That’s about right.” If they had suggested I would be living in Southern California and working at a small community Emergency Department, I would have raised an eyebrow. But if I had been told that I would be doing both of these things at the same time, five years after finishing nursing school, I’m pretty sure I would have laughed out loud.

I feel compelled to insert a cliché about how quickly the time has gone by since I walked across the stage at Messiah in 2004 to receive my diploma. Feeling inspired by my experiences at Messiah, both through the opportunity to travel to Ecuador and Zambia and also by the mentoring relationships I developed with faculty, I knew that I would work internationally and someday teach nursing. I moved out to Los Angeles within weeks of graduation to take a new grad nursing job at UCLA Medical Center in the ED. I worked there for the next two years, gaining necessary clinical skills and experience.

Graduate school was the logical next step, and in 2006 I began the Advanced Community Health and International Nursing Masters program at the University of California, San Francisco. During the year and a half it took me to complete this degree and become a Clinical Nurse Specialist in Community Health, I worked part-time in the ED at UCSF Medical Center. I graduated with a focus in HIV/AIDS, and for my graduate residency I worked with my advisor, to begin developing a curriculum for HIV nurse training in South Africa—a new project funded by the CDC using money from the President’s

Emergency Plan For AIDS Relief in Africa (PEPFAR). This is a twinning project, where UCSF is partnered with the Foundation for Professional Development in South Africa to develop a training program for nurses who work in antiretroviral clinics to become nurse case managers. There is a great need in South Africa for integrated HIV care, and training nurse case managers is a key step towards assuring continuity of care and successful medication regimens.

I was able to enter the project on the ground floor, proposing a curriculum and then working with the project team to develop a 700-page study guide to be used in the course. We conducted our first pilot training in November 2008 and are now working on evaluation and mentoring with the nurse participants. We are also waiting for our course to be approved by the Council for Higher Education and the South African Nursing Council so it can become a formal short course and be offered throughout the country. At the end of March we will be presenting our project at the South African AIDS Conference in Durban, South Africa.

When I am not traveling abroad (I am only away about three months out of the year, the rest of the work is done from my computer at home and international conference calls) I am still working as an ED nurse. I find it very fulfilling to be able to balance teaching, academic work, and bedside care. And I can still keep up with one of my greatest hobbies—seeing the world! When I’m not working, my colleagues and I make sure we find time to go on safari, cage dive with great white sharks, meander the cobbled streets of Zanzibar and travel through South Africa’s finest wine country. In this photo, I am standing at the southern-most point of Africa, Cape Point.

In the fall of 2009 I will begin work on my Ph.D. back where I first started out here in California: UCLA. I am looking forward to being closer to my career goal of someday teaching in a university and continuing work in HIV/AIDS training and research. I am so thankful to the faculty at Messiah for preparing me as a nurse and as a person—to not only care for patients, but to care for the needs of our world.

### A SPECIAL ADVERTISING SUPPLEMENT TO *THE NEW YORK TIMES*: NOVEMBER 30, 2008

#### The Winners

##### **Tara Roche '96, RN, BSN, MS**

Nurse Manager

Beth Israel Medical Center, New York  
*Nominated by Cathy Sullivan, RN, NP, BS, MSN, Director of Patient Care Services and Mary Walsh, MSN, RN, CEN, Vice President, Patient Care Services and Chief Nursing Officer*

Tara Roche understands that a good nurse is both a caregiver and a teacher. “I knew that I couldn’t work in an office; I needed to provide hands-on help to others.” According to Cathy Sullivan, “Tara has created an atmosphere of warmth and compassion on her unit, she promotes excellence in each individual who works there and gives patients the confidence to regain their strength and become well again.”

Her unit, with its postoperative, neurosurgical, and neurology patients, has been recognized for its excellence by the American Heart Association for their work on stroke management.

Tara Roche believes that there are no problems that are not able to be solved and nothing that she can’t accomplish. When a critically ill cancer patient wanted to go home—and home was Ireland—Tara and one of her colleagues became a medivac team and fulfilled a dying man’s last wish, thanks to the donations that she raised at Beth Israel and a major airline.

By selflessly and tirelessly delivering professional, compassionate care, she has done her family, her professors, and her co-workers very proud. Tara Roche exemplifies all that is honorable in nursing.

“The entire Department of Nursing at Beth Israel Medical Center congratulates our New York Times Tribute to Nurses winners Nurse Manager Tara Roche and RN Traveler Beka Serdanas. Your commitment to nursing excellence inspires us all.”

—Mary Walsh, MSN, RN, CEN. Vice President of Patient Care Services, Chief Nursing Officer, Beth Israel Medical Center

# Alumni News

'97

**Amanda (Sobick) Ferdette** and her husband welcomed their son Cade Joseph on August 23, 2008.

'99

**Jason Carzola** and **Stephanie (Bicksler) Carzola '01** welcomed daughter Marin Alina on March 3, 2008. Jason (ED) and Stephanie (ICU) both work at the Ephrata Community Hospital.

'01

**Heidi (Beiler) Robbie** and her family are living in Alaska. Heidi's husband is a youth pastor; they have 3 daughters: Emma (3), Naomi (2) and Hannah Grace (almost 1). They plan to soon move to New York to be closer to family.

**Amy (Geissinger) Snedigar** completed her MSN, with a Family Nurse Practitioner Focus, from Dusquesne University in May 2008.

'02

**Jennifer (Oehme) Knepper** and husband welcomed their first child, Luke Carson,

born at Lancaster General Womens & Babies Hospital on October 7, 2008. Jenn recently taught as an adjunct nursing faculty for Messiah.

**Lori (McGarvey) Trager** and husband, Mathaus ('02) welcomed their son, Owen Mathaus, who was born on April 30, 2008.

'03

**Carolyn (Krise) Easton** married Eric Easton on March 29, 2008. Carolyn works in noninvasive cardiology as a stress lab RN.

**Rachel (Walsh) Gosnell** and husband, Jonathan, welcomed their new daughter, Megan Rae, into their family on August 14, 2008. She joins her two sisters, Evelyn and Cescily. Rachel and her family are living in Kingsley, Pa.

'04

**Debbie (Kowalick) Allen** completed her MSN/NP program in 2008. She is working in an outpatient pediatric setting at Lehigh Valley Hospital.

**Claire Barlow** is attending NYU (class of 2009) for a Masters in Public Health, International Community Health.

## SHARE YOUR NEWS

Let your classmates and friends hear about your activities. Clip this form and mail to *Nursing News*, Messiah College, P.O. Box 3031, One College Avenue, Grantham, PA 17027, or e-mail: [nursing@messiah.edu](mailto:nursing@messiah.edu).

FIRST NAME	LAST NAME	ATTEND NAME
CLASS YEAR	SPOUSE NAME	CLASS YEAR
HOME PHONE	E-MAIL ADDRESS	
STREET ADDRESS		
CITY	STATE	ZIP
NEWS		

**Kelly (Sensenig) Janke** is enrolled in medical school. She and her husband have a daughter, Olivia (3) and a son, Ben (1).

'05

**Heidi (Cooper) Gaddess** was married in September 2007. She is working in critical care.

'08

**Katie Neer** is working at Bryn Mawr Hospital near Philadelphia, Pa.

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